

Build a Healthy Salad Bar



Participant Booklet

A Class for School Food Service Employees

July 2012

This class is based on one designed by Child Nutrition & Wellness, Kansas State Department of Education. Class materials and activities were adapted from the following sources:

- *Fruits and Vegetables Galore: Helping Kids Eat More*. U.S. Department of Agriculture, Food and Nutrition Service, Spring 2004.
 - *Food For Fifty*, Mary Molt, Twelfth Edition (2006).
 - *Culinary Techniques for Healthy School Meals*. National Food Service Management Institute, 1996.
 - *USDA Recipes for Schools*. United States Department of Agriculture, Team Nutrition, April 2006.
 - *5 A Day, The Color Way, School Foodservice Guide*. Produce for Better Health Foundation, 2005.
 - *Fresh 2 U, The Florida Way*. Florida Department of Agriculture and Consumer Services and Florida Department of Education, 2003.
 - *Cooking for the New Generation*. National Food Service Management Institute, 2007.
 - *Healthy Cuisine for Kids*. National Food Service Management Institute, 2005.
 - *Salad Bar Guide*. Sysco Food Services of Portland, Inc. Web site accessed 7/30/2008.
http://www.syscoportland.com/Products/Produce/Saladbar_flyr/saladbar.htm
 - *Preventing Contamination in Food Bars*. National Food Service Management Institute, 2005.
 - *Food Safe Schools Action Guide*. National Food Safe Schools Coalition. This Web site is a one--stop gateway to school food safety information and resources. www.safeschools.org.
 - *Partnership for Food Safety Education FightBAC!*: A plethora of consumer---tested, consumer -ready food safety information, including produce---specific tips. www.fightbac.org
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* Build a Healthy Salad Bar*

Participant Booklet

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Do You Know?

This activity will give you an opportunity to meet new friends, say hello to old friends, and learn interesting facts about fruits and vegetables. Walk around the room to find an individual who can answer one of the questions. Write the person's name in the square and the correct answer. You may use each person's name only once. Sit down when your grid is complete or time is up.

Called "Herb of Persia". Popeye knew that is a rich source of Vitamin A & C.	This fruit has more Vitamin C than oranges, as much potassium as bananas and four times as much fiber as celery.	Do not add this fresh fruit to gelatin because it has an enzyme that destroys the gelatin's ability to get firm.	This fruit is the top consumer's choice and has been around since 4000 B.C.
A cruciferous vegetable that is an excellent source of Vitamins C & A.	It looks like cauliflower dyed neon green.	This "baby" vegetable is not a full sized vegetable picked when it was a baby! Producers have changed the seeds to make it tiny.	Called "Chinese Apple", skin is red and smooth with a juicy, spongy-soft, white membrane with clusters of edible crimson, jewel-like seeds.
Favorite berry of the U.S.	The seed for this nutrition packed fruit was brought to the New World on one of Columbus' voyages.	There are two distinct types of this crunchy high fiber vegetable classified by color: green or golden.	This fruit with a pale green flesh inside gets brown spotting at temperatures below 41 degrees.

Salad Bar Basics

Traffic Flow

Single Line -

Two-Sided Line -

Free Standing -

Serving Counters

Ice Chilled -

Frost Top -

Chilled -

Salad Bar Food Containers: Black shows contrast to food better.

1.

2.

3.

4.

5.

6.

Remember to always use a new _____ or pan when you replace a food on the salad bar!

Salad Bar Utensils: Black shows contrast to food better.



Tongs -

Scoops -






Spoodles -

Ladles -



Ingredients to Consider for the Salad Bar

Greens	Vegetables	Fruits	Vegetable/Fruit Salads	Protein Items	Grain Items	Other Items
Endive Escarole Lettuce: Butterhead Iceberg Dark Green Leaf Romaine Precut lettuce mix Fresh Spinach Red Cabbage Green Cabbage Mesclun (baby salad greens)	Asparagus Beans: Garbanzo Kidney Green Beets Broccoli Carrots Cauliflower Celery Cucumbers Green Peas Jicama Mushrooms Onion Red Onions Green Peppers Red Peppers Yellow Peppers Radishes Scallions Squash, yellow Sweet Potatoes Tomatoes: Cherry Grape Water Chestnuts Zucchini	Avocados Apples Bananas Grapes Kiwifruit Melons: Cantaloupe Honeydew Watermelon Oranges Pears Peaches Pineapple Plums Strawberries Tangerines Fruit canned in juice or light syrup: Apple slices Applesauce Apricots Peaches Pears Pineapple Mixed Fruit Mandarin Oranges Frozen Fruit: Apple slices Blueberries Peaches Strawberries Melon Balls Dried Fruit: Raisins Cranberries Cherries Apples Apricots	Cole Slaw Bean Salad *Corn Relish Marinated Vegetables Fruit Salad Waldorf Salad *Potato Salad Squash Salad *Green Pea Salad Pickled Beets	LF Yogurt # Meats: Turkey, Tuna, Chicken, Ham # Meat Salads # LF Cheeses #LF String Cheese #LF Cottage Cheese #Hard-Cooked Eggs #Nuts and Nut Butters (allergy alert) #Sunflower Seeds Legumes	WG Bread Varieties WG Croutons WG Crackers WG Pita WG Tortillas WG Chow Mein Noodles WG Pasta *WG Pasta Salads WG Rice *WG Rice Salads	Variety of Salad Dressings, low fat and fat free ^Pickles ^Olives, black and green Salsa Low Fat Sour Cream Guacamole ^Imitation Bacon Bits ^Jalapeno Peppers ^Pickled Okra ^Pickled Yellow Peppers
				# Use these items sparingly unless the bar provides the entire reimbursable meal.	* Use prepared salads made from grains or starchy vegetables sparingly as they may be high in calories or fat.	^Use these items sparingly as they are high in sodium.

Seasonal Salad Bar Items

Spring	Summer	Everyday
<p>Asparagus Shredded Cabbage Mesclun (baby salad greens) Artichoke Hearts Radishes Scallions Strawberries Plums</p> 	<p>Pineapple Tidbits Almonds Red Onions Scallions Strawberries Plums Orange Flesh Melon Casaba Melon Grapes</p> 	<p>Sesame Seeds WG Croutons Raisins Coconut Walnuts Chives Parsley Kale Coleslaw Watermelon Oranges Apples Banana Halves Cantaloupe Honeydew Melon Pineapple Cucumbers Lettuce Romaine Lettuce Carrots Cherry Tomatoes Mushrooms Celery Red or Green Peppers Cauliflower Broccoli Spinach Radishes Green Onions Onions Garbanzo Beans Black, Kidney, Pink or Pinto Beans (drained and rinsed)</p> 
Fall	Winter	
<p>Apples, variety Grapes Kiwi Satsuma Tangerines Canned Peaches Corn Relish Pickled Beets Green Beans Sliced Zucchini Garbanzo Beans Diced Avocados</p> 	<p>Natural Oranges Blood Oranges Clementines Tangerines Pears Marinated Vegetables Grapefruit 3-Bean Salad Asian Pears Dried Fruit</p> 	

Sources of Nutrients on the Salad Bar

Vitamin A	Vitamin C	Iron	Calcium
Pumpkin Sweet Potato Carrots Spinach Winter Squash Collard Greens Broccoli Green Peppers Cantaloupe Apricots Nectarine Peaches Watermelon Papaya 	Green Peppers Brussel Sprouts Broccoli Vegetable Juice Baked Potato Cauliflower Collard Greens Tomato Corn Kiwifruit Orange Juice Oranges Strawberries Grapefruit Juice Cantaloupe Pineapple Banana	*White Beans Spinach *Garbanzo Beans Lentils *Lima Beans *Pink Beans Tempeh *Drain and rinse canned beans to reduce sodium content. 	Spinach, raw Figs, dried Papaya, raw Hummus *Great Northern Beans Cabbage, Chinese Turnip Greens French Beans

What Are the 10 Most Nutritious Fruits & Vegetables?

List your choices for the Top 10 most nutritious fruits and vegetables.

- | | |
|-----|----|
| 10. | 5. |
| 9. | 4. |
| 8. | 3. |
| 7. | 2. |
| 6. | 1. |

What Are the Most Nutritious Fruits & Vegetables?

Name	Amount	Vit A, RE	Vit C, mg	Fiber, g	Score	Rank
Sweet Potato	1 baked w/skin	2488	28	3.4	103	1
Gold Pepper*	½ cup	12	92		52	2
Carrot	1 raw, medium	2025	7	2.3	74	3
Orange*	1 medium	26	80		45	4
Red Pepper	½ cup chopped	285	95	0.8	63	5
Cantaloupe	1 cup pieces	516	68	1.3	57	6
Strawberry	1 cup raw	4	85	3.9	53	7
Kiwifruit	1 whole	13	75	2.6	46	8
Honeydew*	1 cup cubed	7	42		24	9
Grapefruit	½ medium	32	47	0.7	28	10
Green Pepper	½ cup chopped	32	45	0.8	27	11
Broccoli	½ cup raw	68	41	1.2	27	12
Lemon*	1 medium	2	31		17	13
Tangerine*	1 medium	77	26		17	14
Cauliflower	½ cup raw	1	36	1.2	22	15
Tomato	1 medium	77	24	1.6	18	16
Avocado	1 medium	106	14	4.7	18	17
Lime*	1 medium	1	20		11	18
Pineapple	1 cup pieces	4	24	1.9	16	19
Potato, baked	1 medium	0	26	0	14	20
Spinach	½ cup chopped	188	8	0.7	12	21
Grapes	1 cup	12	17	1.1	11	22
Watermelon	1 cup raw	58	15	0.6	11	23
Asparagus*	½ cup boiled	48	10		7	24
Nectarine	1 medium	100	7	2.2	10	25
Cabbage	½ cup	4	17	0.4	10	26
Bartlett Pear	1 medium	3	7	4.3	10	27
Apple	1 medium	7	8	3	9	28
Banana	1 medium	9	10	1.8	8	29
Sweet Corn	½ cup boiled	18	5	3	7	30
Turnip, boiled	½ cup cubed	0	9	1.6	7	31
Summer Squash	½ cup slices	13	10	0.8	7	32
Peach	1 medium	47	6	1.4	7	33
Green Beans	½ cup boiled	41	6	1.1	6	34
Plum*	1 medium	21	6		4	35
Radishes	10	0	10	0	6	36
Cherries	10	15	5	1.1	5	37
Onion	½ cup chopped	0	5	1.3	5	38
Green Onion	½ chopped	0	5	1.3	5	39
Celery	1 stalk	5	3	0.6	3	40
Cucumber	1 stalk	2	2	0.5	2	41
Mushrooms	½ cup pieces	0	1	0.5	1	42
Lettuce, iceberg	1 leaf	7	1	0.2	1	43

*The score is based on Vitamins A and C. The fiber content of this fruit/vegetable is not listed in Bowes and Church's Food Values of Portions Commonly Use.



Build a Salad

Build a 1,000-calorie salad and a 100-calorie salad.

Food Item	Unit of Measure	Calories/Measure	# Measures Used	Calories Provided
Chopped Lettuce	1 cup	8		
Sliced Tomatoes	1 slice	3		
Bacon Bits	1 Tbsp	25		
Chopped Egg	1 Tbsp	14		
Grated Cheese	1 Tbsp	27		
Broccoli Florets	¼ cup	12		
Pasta Salad	¼ cup	103		
Sunflower Seeds	1 Tbsp	82		
Regular Salad Dressing	1 Tbsp	70		
Low Fat Salad Dressing	1 Tbsp	22		

Total Calories _____

Food Item	Unit of Measure	Calories/Measure	# Measures Used	Calories Provided
Chopped Lettuce	1 cup	8		
Sliced Tomatoes	1 slice	3		
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Grated Cheese	1 Tbsp	27		
Broccoli Florets	¼ cup	12		
Pasta Salad	¼ cup	103		
Sunflower Seeds	1 Tbsp	82		
Regular Salad Dressing	1 Tbsp	70		
Low Fat Salad Dressing	1 Tbsp	22		

Total Calories _____

Healthy Salad Bar Choices

Items to Encourage

- Vegetables: fresh or frozen (tomatoes, carrots, cucumber, green or red pepper, leafy greens or spinach, broccoli, cauliflower, mushrooms, peas, sweet potatoes, zucchini, legumes)
- Fruits: fresh, frozen or canned in juice or light syrup (apricots, apples, oranges, kiwifruit, banana, melons, strawberries, peaches, pineapple, grapes, applesauce, raisins, fruit cocktail, papaya, pears, plums)
- Salad with low/non-fat dressings: Use fruit juice dressing, vegetables low/non-fat dressings. Use herbs and spices in place of salt or seasonings containing salt.
- Low fat whole grains & breads: salad using whole grains such as WG couscous, bulgur, school-made low fat croutons.
- Legumes (dry beans and peas). Cook from dry form when possible. **For canned legumes, drain for 2 minutes, rinse for 10 seconds and drain again for 2 minutes to reduce sodium by 41%.**

OK in Limited Amounts

- Meat/Meat alternates: Limit to a total of 2 ounces or 2 M/MA per meal by pre-portioning individual servings. The following amounts equal 1 M/MA: ¼ c low fat cottage cheese, 1 oz reduced fat cheese (limit to 1 oz per meal), 1 oz cooked turkey breast or pulled chicken, ½ hard cooked egg, 1 3/8 oz turkey ham or 1 ¼ oz lean ham, 4 oz yogurt.
- Imitation Bacon Bits, Crackers, Croutons
- Low/Non-fat extras: low/non-fat sour cream, low fat shredded cheese, salad dressings, mayonnaise

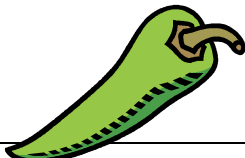

WATCH OUT for these and similar items high in fat, sugar and/or sodium

- Full fat salad dressings (ranch, French, Italian, etc.)
- Full fat mayonnaise
- Olives, green or black
- Pickles, pickled okra, pickled peppers
- Sunflower seeds
- Salads with whipped topping
- Margarine
- Full fat sour cream or cream cheese
- Salads with regular dressings (not low fat) such as macaroni salad or potato salad
- Pudding, jello

Salad Bars with a Theme!

11

Special Events: These salad bars accompany the entrée.

Mexican	Oriental	Italian	Greek
Shredded Lettuce Tomatoes Jalapeno Chopped Onions WG Tortilla Chips Salsa Diced Green Chilies LF Cheddar & Jack Cheese Avocado #Black, Kidney, Pink or Pinto Beans 	Chinese Cabbage Bean Sprouts Bamboo Shoots Bok Choy Snow Peas Egg Plant Peanuts (allergy alert) Almonds (allergy alert) Scallions Water Chestnuts Coconut Cashews (allergy alert) Green Pepper Tomatoes Celery Yakisoba Noodles Tofu	Greens Argula Endive Romaine Lemons Roma Tomatoes LF Parmesan LF Mozzarella Cheese LF Ricotta Cheese	Spinach Artichoke Hearts Lemons Beets LF Feta Cheese 

Theme Bars: All these salad bars are full reimbursable meals. The first item listed is the entrée.

Build a Better Burger Salad Bar	Build a Bowl of Chili Salad Bar	Greater Tater 'n Salad Bar	Pile a Pizza Salad Bar
Beef Patty/WG Bun Lettuce with Romaine Spinach Leaves Sliced Green Peppers Sliced Mushrooms Carrots Sliced Red Peppers Sliced Tomatoes LF Shredded Cheese Sliced Cucumbers Sliced Onions FF or LF Dressing	Chili (1/2 c or 3/4 c) Lettuce with Romaine Chopped Green Peppers Chopped Red Peppers Chopped Onions Coleslaw Chopped Tomatoes Sliced Mushrooms #Black, Kidney, Pink or Pinto Beans LF Shredded Cheese WG Tortilla Chips FF or LF Dressing	Baked Potato (120 ct = 1/2 cup veggie) Lettuce with Romaine Chopped Onions Sliced Mushrooms Chopped Red Peppers Chopped Tomatoes LF Shredded Cheese #Black, Kidney, Pink or Pinto Beans FF or LF Sour Cream Steamed Broccoli FF or LF Dressing	WG Cheese Pizza Lettuce with Romaine Chopped Green Peppers Chopped Red Peppers Chopped Onions Coleslaw Chopped Tomatoes Sliced Mushrooms Chopped Zucchini LF Shredded Cheese FF or LF Dressing
Plenty O' Pasta Salad Bar	Stuff a Sub Salad Bar	Top a Taco Salad Bar	Ideas for Salads-to-Go*
WG Pasta (1/2 or 1 c) Lettuce with Romaine Cherry Tomatoes Chopped Onions Chopped Green Peppers Chopped Red Peppers Broccoli Carrots Peas Cauliflower Sliced Mushrooms LF Shredded Cheese Chopped Zucchini FF or LF Dressing	WG Sub Sandwich Lettuce with Romaine Sliced Green Peppers Sliced Red Peppers Sliced Red Onions LF Shredded Cheese Sliced Tomatoes Spinach Leaves Sliced Cucumbers #Black, Kidney, Pink or Pinto Beans FF or LF Dressing	Taco Meat/WG Shell Lettuce with Romaine Chopped Onions Chopped Green Peppers Chopped Red Peppers Sliced Mushrooms Guacamole FF or LF Sour Cream Salsa Chopped Tomatoes #Black, Kidney, Pink or Pinto Beans LF Shredded Cheese FF or LF Dressing	Chef's Salad-to Go Spinach Salad-to-Go Chicken Taco Salad-to-Go Chicken Topper-to-Go Tuna Topper-to-Go Turkey Salad-to-Go Fruit Salad Bowl-to-Go *Recipes Available in Fruits & Vegetables Galore #Drain and rinse canned legumes.

Meeting the Meal Pattern Requirements 12

You want to use your salad bar to help meet the new meal pattern requirements. You have a Cambro portable 72" 5-well insulated salad bar as shown on page 14. Your table has been given an entrée recipe. List the foods below that you could add to meet the regulations for as many food groups as possible. Be sure not to use more foods than will fit onto your salad bar.

Vegetables (refer to Vegetable Subgroups chart on page 13)

Dark Green

Red/Orange

Dry Beans/Peas (Legumes)

Starchy

Other

Fruits

Whole Grains

Vegetable Subgroups

Dark Green	Starchy	Other
Bok Choy Broccoli Collard Greens Dark Green Leafy Lettuce Kale Mesclun Mustard Greens Romaine Lettuce Spinach Turnip Greens Watercress	Bananas, Green Cassava Corn Fresh Cowpeas, Field Peas or Black-eyed Peas, Green Lima Beans, Green Peas, Green Plantains Potatoes, White Taro Water Chestnuts	Artichokes Asparagus Avocado Bean Sprouts Beets Brussel Sprouts Cabbage, Green or Red Cauliflower Celery Cucumbers Eggplant Green Beans Green Peppers Iceberg Lettuce Mushrooms Okra Onions Parsnips Radishes Squash, Yellow Summer Squash, Zucchini Turnip, Root Wax Beans
Red and Orange	Dry Beans and Peas (Legumes)	
Acorn Squash Butternut Squash Carrots Hubbard Squash Pumpkin Red Peppers Sweet Potatoes Tomatoes Tomato Juice	Black Beans Black-eyed Peas Garbanzo Beans or Chickpeas Great Northern Beans Kidney Beans Lentils Navy (Pea) Beans Pinto Beans Red Beans Soybeans, Mature Split Peas	

Source: USDA, May 15, 2012

LMSB2S Salad Bar Package

14

Cambro portable 72" 5-well insulated salad bar with two tray rails,
Buffet Camchillers®, Translucent polypropylene food pans, 9" Scalloped serving tongs

All Packages Include:





Who May Apply?

Any K-12 school district participating in the National School Lunch Program is eligible to apply. There is one application that accommodates either an application for a single salad bar package or for larger districts, multiple salad bar packages. Schools currently awarded with Bronze status or above in the [Healthier US School Challenge \(HUSC\)](#) (that are currently listed on the HUSC website) automatically qualify for a salad bar donation upon completion of the application process, with the stipulation that the school or district desires and can support a salad bar every day in school lunch.

How Does This Process Work?

1. Submit Completed Application
2. Application Approved for Funding
3. Your district appears on our donation page list of districts eligible for funding and is searchable from the “find your school/district” button on the home page
4. The Initiative and Your Community Raise funds for Your Salad Bars
5. Once Funded, Your Salad Bar is Ordered for Shipment
6. Your Children Eat More Fruits and Vegetables
7. Your district will complete an evaluation twice over the two years following your grant.

Grant Eligibility Applications Are Being Accepted Now!

All applications must be submitted electronically and must be approved by your Food Service Director. The application can be found at www.saladbars2schools.org.

Once Our Bar is Funded When Will We Receive It?

There are no fundraising deadlines. Salad bars will arrive within five weeks of being ordered. We expect to ship salad bars throughout the year.

No salad bars will ship without being fully funded.

What Salad Bar is Provided?

A portable 72 inch 5-well insulated salad bar with two tray slides; divider bars; two 4-inch deep full pans with covers; four 4-inch deep half pans with covers; and twelve 4-inch deep quarter pans with covers; five buffet chilling pads; 16 serving tongs. Salad Bar implantation resources are available from the resources tab of our website.

If your local health authority's code requires the use of a mechanically cooled salad bar, you must notify us at info@saladbars2schools.org upon submission of a completed application – **please type MAY NEED ELECTRIC in the subject line and include your name, the name of your school or district and contact phone number.*

Let's Move Salad Bars to Schools Grant Guidelines info@saladbars2schools.org www.saladbar2schools.org

Salad Bar Food Safety and Sanitation

Preparation -



Set Up -

Maintenance -

Clean-Up -

Temperature Control -

Sample SOP for HACCP Plan

Preventing Contamination at Food Bars (Sample SOP)

PURPOSE: To prevent foodborne illness by ensuring that all items held on food bars are protected from contamination.

SCOPE: This procedure applies to anyone who is responsible for maintaining and monitoring the self-service food bars.

KEY WORDS: Contamination, Self-Service, Salad Bars, Food Bars

INSTRUCTIONS:

1. Train foodservice employees on using the procedures in this SOP.
2. Follow State or local health department requirements.
3. Follow Employee Health Policy, Personal Hygiene, and Washing Hands SOPs. (Employee health policy is not included in this resource.)
4. Follow manufacturer's instructions for pre-heating and pre-chilling food bar equipment before use.
5. Place all exposed food under sneeze guards.
6. Provide an appropriate clean and sanitized utensil for each container on the food bar.
7. Replace existing containers of food with new containers when replenishing the food bar.
8. Assist customers who are unable to properly use utensils.
9. Ensure that customers use a clean dish when returning to the food bar.
10. Store eating utensils with the handles up or in a manner to prevent customers from touching the food contact surfaces.
11. Avoid using spray chemicals to clean food bars when in use.

MONITORING:

1. Monitor and record temperatures of food in accordance with the Holding Hot and Cold Potentially Hazardous Foods SOP.
2. Continually monitor food containers to ensure that utensils are stored on a clean and sanitized surface or in the containers with the handles out of the food.
3. Continually monitor customers' use of the food bar to ensure that customers are not:
 - Touching food with their bare hands
 - Coughing, spitting, or sneezing on the food
 - Placing foreign objects in the food
 - Using the same plate for subsequent trips

Preventing Contamination at Food Bars, continued

(Sample SOP)

CORRECTIVE ACTION:

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Remove and discard contaminated food.
3. Demonstrate to customers how to properly use utensils.
4. Discard the food if it cannot be determined how long the food temperature was above 41 °F or below 135 °F.

VERIFICATION AND RECORD KEEPING:

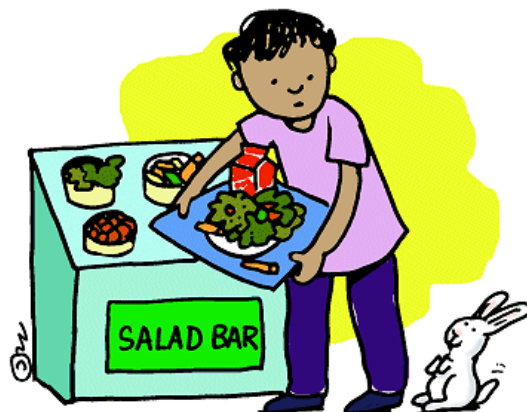
The foodservice manager will verify that foodservice employees are assigned to maintain food bars during all hours of operation. Foodservice employees will record temperatures of food items and document corrective actions taken on the Hot and Cold Holding Temperature Log. The foodservice manager will complete the Food Safety Checklist daily. This form is to be kept on file for a minimum of 1 year. Foodservice employees will document any discarded food on the Damaged or Discarded Product Log. The foodservice manager will verify that appropriate corrective actions are being taken by reviewing, initialing, and dating the Damaged or Discarded Product Log each day. The Hot and Cold Holding Temperature Log and the Damaged or Discarded Product Log are to be kept on file for a minimum of 1 year.

DATE IMPLEMENTED: _____ **BY:** _____

DATE REVIEWED: _____ **BY:** _____

DATE REVISED: _____ **BY:** _____

(This SOP is available at www.nsfmi.org in Word or pdf form.)



Salad Bar Etiquette



1. Always wash your hands first.
2. Use utensils. **NEVER USE YOUR FINGERS.**
3. If a utensil or plate falls on the floor, don't put it back. Tell a cafeteria person.
4. Don't taste food items at the salad bar.
5. Take a small amount of new foods to try.
6. Take only what you can eat.
7. Don't bring food back to the salad bar.
8. **DON'T PUT YOUR HEAD UNDER THE SNEEZE GUARD OR FOOD SHIELD.** Ask a friend or a cafeteria person to help if you can't reach.
9. Always be polite in line. Wait your turn.
10. Always use a clean plate for seconds.



“Cents”ible Salad Bars

- 1. Cost of Salad Bar Ingredients**
- 2. Arrangement of Ingredients**
- 3. Vary the Size and Shape of Display Containers**
- 4. Type of Serving Implements**
- 5. Size of Bowl, Plate or Platter**
- 6. Student Return Factor**

Culinary Techniques

Preparing Lettuces and Greens

1. Handle lettuce and greens carefully in selection, storage, and preparation to avoid damage.
2. Store greens away from fruits (such as melons, apples, pears) that give off ethylene gas that can cause brown spots on lettuce leaves and spoilage.
3. Store in the coolest part of the refrigerator.
4. Wash lettuce in produce sink with plenty of cold water. Some types of lettuce require different preparation than others. Some need to be cut or broken into smaller pieces before serving. Loose greens should have the damaged, wilted or yellowed leaves removed and the remaining greens should be soaked in cold water and drained. This process should be repeated until there are no longer any sediments at the bottom of the bowl.
5. Lettuce should be drained in a colander to dry. Dry lettuce greens will allow salad dressing to adhere properly and the lettuce will keep better for a longer time.

Preparing Fresh Fruits

1. Wash fresh fruits close to the time they will be prepared for service. Use clean, cool water and drain the fruit well.
2. Berries should be kept in the original container and washed just before serving to prevent softening and to discourage mold growth.
3. To prevent browning with fruits such as apples, pears, peaches, bananas, and avocados cut them with a stainless steel blade and then dip in an acidic fruit juice or a commercial product that contains ascorbic acid.
4. Prepare in serving size pieces and keep chilled until service. Fruit should be cut in age-appropriate size pieces.

Cooking Pasta

1. Use plenty of water. A minimum of 1 gallon of water per pound of pasta is recommended.
2. Bring water to boil and add salt. Use at least $\frac{1}{2}$ tablespoon of salt for each gallon of water. Seasoning the water will enhance the flavor of the pasta and may require less salt needed in the sauce.
3. Gradually add pasta so water continues to boil; stir to prevent sticking.
4. Cook according to time specified in directions. Pasta should be cooked al dente, or firm to the bite, yet cooked through. If the pasta is to be used as part of a dish that requires further cooking, undercook the pasta by $\frac{1}{3}$ of the cooking time specified.
5. Pour into large colander to drain.
6. If pasta is to be used cold in a salad, rinse immediately with cold, running water until the pasta is cooled or cool drained pasta on sheet pans in the refrigerator. Follow your operations food safety procedures.
7. If pasta is to be served hot, place into steam table pan and serve immediately.
8. Cook pasta in batches. It will not hold longer than 30 minutes without becoming mushy and unappetizing.

Quality Score Card for Salads

Date: _____ Name of Product: _____

Proudly Prepared By: _____

Quality Scored By: _____

Directions: When the food is ready to serve, use this Quality Score Card to evaluate the quality. Mark **YES** when the food meets the standard and **NO** when it does not. Mark **NA** (Not Applicable) when a specific quality standard does not apply to the food being evaluated. Use the **COMMENTS** section to explain why a food does not meet a standard.

Remember, if a food does not meet the quality standards, it should not be placed on the service line.

Quality Standard	Yes	No	NA	Comments
Appearance <ul style="list-style-type: none"> Bright color typical of the fresh greens..... Bright color typical of other fresh ingredients (no discoloration)..... Salad appears moist, not dry or excessively wet..... Salad ingredients are even pieces..... Salad ingredients appear crisp, not limp..... Garnish is edible and appropriate for the salad..... Texture or Consistency <ul style="list-style-type: none"> Salad ingredients are crisp, not soggy..... Meat or pasta/rice salads are tender but not mushy... Flavor <ul style="list-style-type: none"> Salad ingredients have a fresh, distinctive flavor..... Seasonings enhance the salad but are not too salty or too tart..... A choice of low fat and/or fat-free salad dressings is available..... Service Temperature <ul style="list-style-type: none"> 34°F - 38°F..... 				

Individual Evaluation of Lab Products

Product:	Fruit Pico de Gallo				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance	5	4	3	2	1
Texture	5	4	3	2	1
Taste	5	4	3	2	1

Comments:

Product:	Broccoli Salad				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance	5	4	3	2	1
Texture	5	4	3	2	1
Taste	5	4	3	2	1

Comments:

Product:	Black Bean and Corn Salsa				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance	5	4	3	2	1
Texture	5	4	3	2	1
Taste	5	4	3	2	1

Comments:

Product:	Green and Gold Salad Bowl				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance	5	4	3	2	1
Texture	5	4	3	2	1
Taste	5	4	3	2	1

Comments:

Individual Evaluation of Lab Products

Product:	Tabouleh (salt added to bulgur)				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance					
Texture	5	4	3	2	1
Taste	5	4	3	2	1
	5	4	3	2	1

Comments:

Product:	Tabouleh (salad seasoned after preparation)				
Quality Evaluation:	<i>5 = excellent, 4 = good, 3 = acceptable, 2 – poor, 1 = unacceptable</i>				
Appearance					
Texture	5	4	3	2	1
Taste	5	4	3	2	1
	5	4	3	2	1

Comments:

Lab Notes



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Summary

1. Students should have access to _____ and be able to make healthy food choices where ever they are.
2. Building _____ that provide increased variety with more _____, _____, _____, _____ and _____ will have important health benefits for students.
3. To implement the _____ in school meals, offer _____ and _____ daily, offer a _____ or _____ vegetable three to four times a _____, use _____ salad dressings, and increase the _____ of fruits and vegetables offered.